

SUPPORT SENIOR HEALTH AND WELLBEING



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

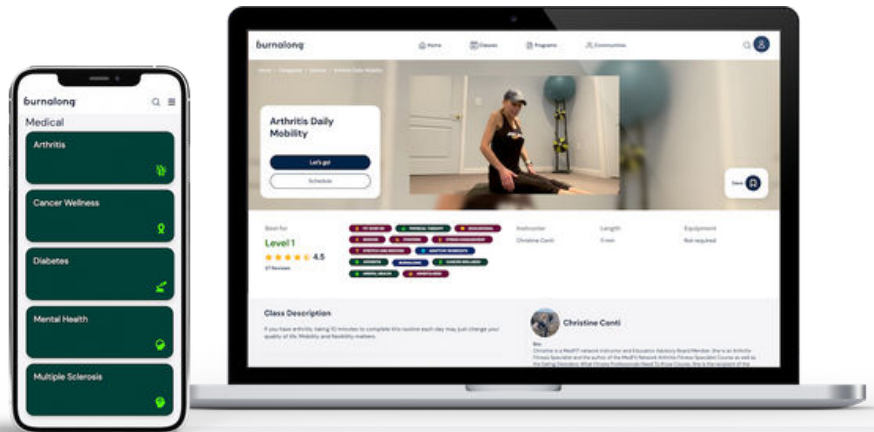
With 17,000+ live and on-demand classes taught by 2,500+ credentialed, local instructors in 50+ wellness categories we provide each member with the programming, support, and motivation they need to thrive.



32%
OF OUR SPECIALTY
CLASSES ARE
FOR SENIORS

200+
INSTRUCTORS
TEACHING SENIOR
CLASSES

4
FAMILY ACCOUNTS
PER MEMBER
TO SHARE WITH
FAMILY & FRIENDS



WHAT IS INCLUDED IN SENIOR CLASSES?

Bernalong allows your members to keep well at every age. From tailored exercises to modified diets to general education, provide programs on prevention and managing ongoing health conditions from certified experts focused on the physical and mental health of aging adults. Plus, help combat social isolation with group classes your members can take with friends and family across the globe, from the comfort of their own home.

SUPPORT HOLISTIC HEALTH FOR EVERY MEMBER

39 percent of the all classes taken on Bernalong's platform are in specialty categories including emotional support, chronic condition management, financial wellbeing, cancer wellness, adaptive workouts, and senior fitness.

With hundreds of classes added everyday, your members will find the diversity of content to support their unique goals, local instructors they can connect with, social motivation with live and group classes, and inclusive challenges everyone can compete in, together.